

### Abstract of the Disclosure

A keyboard posture device includes a lateral support shaft, left and right members, and left and right arm restraints. The frame member may be adjustably movable along the support shaft. Left and right arm restraints are also optionally adjustably movable, forward and back, on the forward struts of the left and right frame members respectively. The arm restraints extend forward from the struts and away from each other to form left and right arm crooks. The device may further includes a back pad and a wraparound strap to secure the device to the torso of the user.